

Movies for Mental Health (Online)

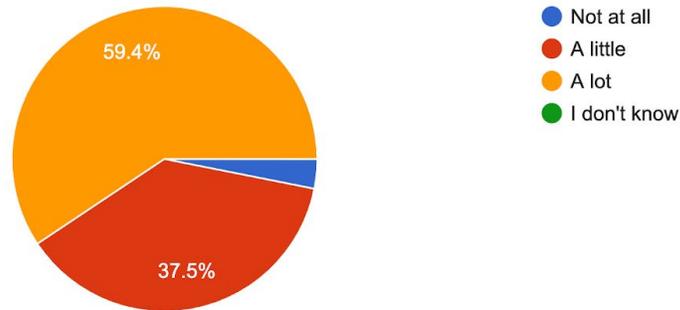
Post-Workshop Evaluations

Santa Barbara City College
September 16, 2020

Number of attendees: 63
Number of evaluations: 32

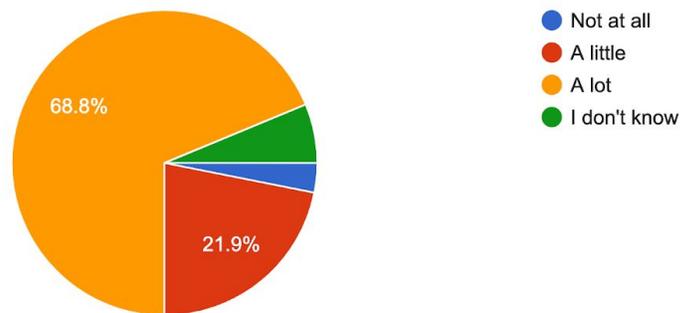
In your opinion, did this workshop increase your awareness of mental health issues?

32 responses



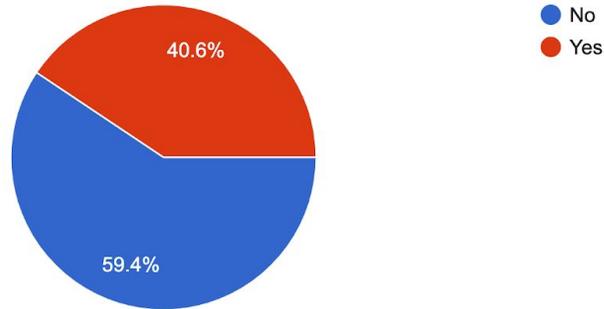
In your opinion, did this workshop help you confront and address stigma related to mental illness?

32 responses



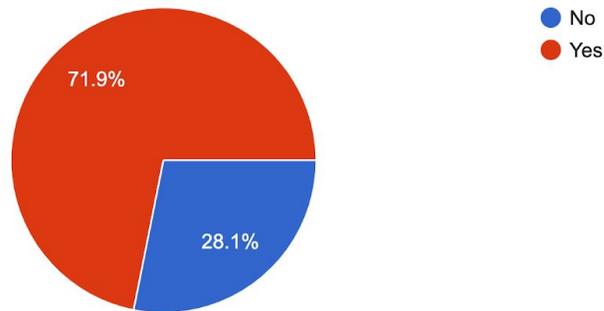
Did you know about the the Mental Health Services Act before this event?

32 responses



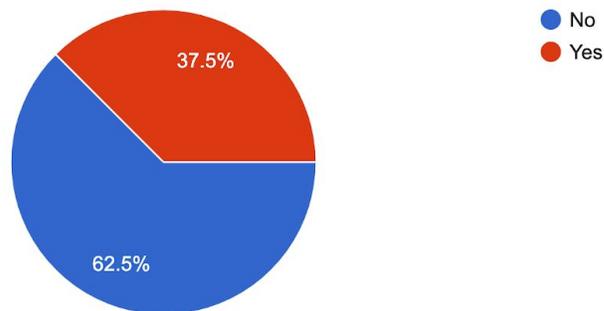
Did you know about your school's counseling services before this event?

32 responses



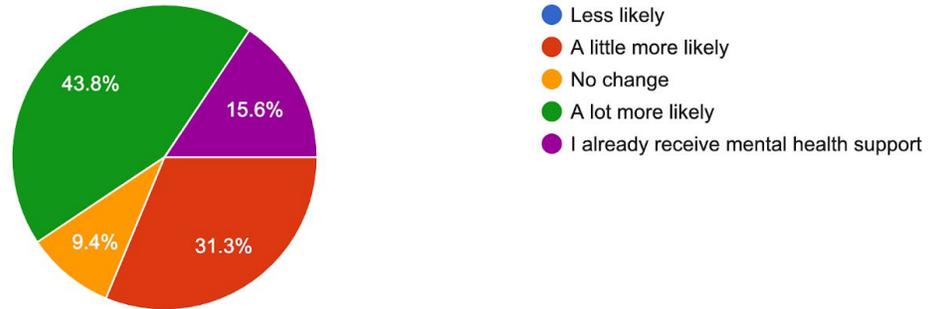
Did you know about the community resources before this event?

32 responses



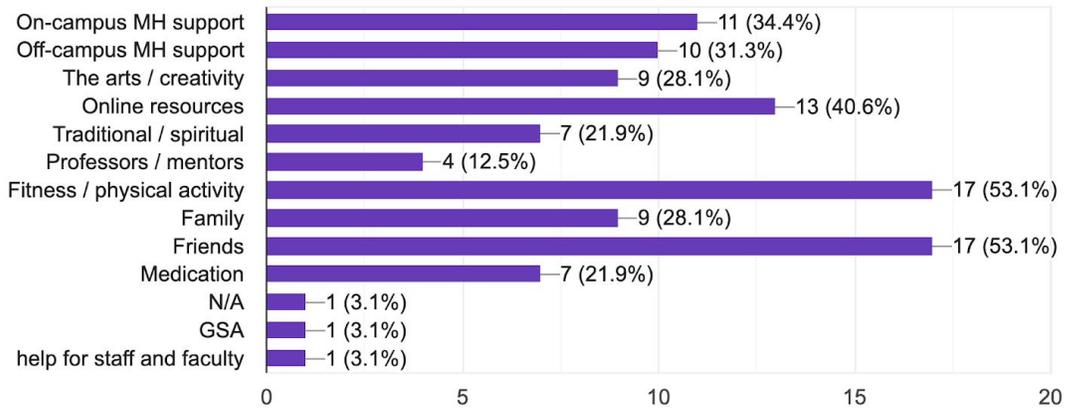
After this event, are you more or less likely to seek support for your mental health?

32 responses



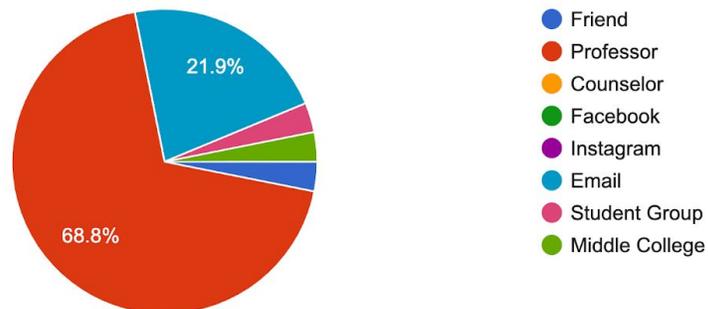
What type of mental health support do you think would be most useful to you?

32 responses



How did you hear about this event?

32 responses



What was your main takeaway?

(Highlights: see raw data for full list)

The importance of having programs like this for support
 So many resources to utilize! (x2)
 Everyone at one point in their life feel the same way
 Mental health is really important and should not be taboo or judged
 It's important to seek help even when you feel like your not deserving of it (x2)
 Do what is best for you. Get the support you need and take care of yourself with the various resources
 This event created a lot of awareness about mental health and how you can get help
 Most people struggle with some sort of MH issues, so be aware of the signs and be there for them
 That there's individuals out here that genuinely want to help students
 Mental health is wealth
 There are many mental health places that students can be in contact with and get the needed help
 My main takeaway from this workshop was how there are people around me that are going through similar things and not everyone is so reserved when talking about mental health
 Learning more stuff I did not know (x2)
 It is really good to talk about mental health!!
 We always need support system
 I learned many more ways to maintain good mental health and to reach out if you need help (x2)
 People care and are interested although society makes us think they don't
 To always seek to others for support and guidance and to always check in on friends and family
 Most wonderful part of my day
 People need to bring more awareness of mental health
 So many people are affected by mental illnesses & so many don't have the help they need for many reasons
 So many students need to get past the shame, or whatever holds them back, and reach out for the type of help you described today
 My main takeaway from this workshop is that it's SO important to listen to your body and taking a moment to focus on every part of it. Body scanning is useful in relieving stress and it is something I have never thought to do but will now.
 That there are lots of people who are like me, dealing with similar things
 Never be silent about how your feeling and reach out for support and help

If you were telling a friend about this workshop, you would describe it as:

(Highlights: see raw data for full list)

Extremely informational and helpful / resourceful / very important knowledge (x6)
 Pretty cool
 Helpful and inspirational
 A powerful mental health awareness workshop (x2)
 Friends supporting friends
 A workshop to educate others about the resources available and to lower the stigma
 Helpful, warm
 Painful things to talk about but very helpful ways to deal with the pain
 A nice opener to what makes up the SBCC MH community
 Feel good energy
 Fun, exciting, engaging, eye-opening
 Supportive, welcoming, judgement free zone
 Interesting

An information session where movies are also shown to deepen mental illness understanding.
 Simple and beautiful
 Very impactful, would 10/10 recommend
 Positive and rewarding
 I'd describe this workshop as a resource to anyone who feels they might be struggling with mental health
 A good place to come together w/others who are interested in MH in a stigma-free environment
 Insightful
 Stress relieving and supportive
 Inspiring, motivating, and produced hope

How might you use what you learned today?

(Highlights: see raw data for full list)

Be more present with friends and family members
 To heal from my PTSD
 I don't know, overwhelmed
 The resources-getting the support I need / I will seek help with counselors (x3)
 I might use it to question my biases and stereotypes
 Consider more wisely how I approach people going through a hard time, there's more that I probably don't know about (x2)
 BODY SCANS
 Breathing techniques and checking in on my friends
 Daily life if stressed (x2)
 Be supportive with other people especially to those who need emotional help (x2)
 I will add more ways to incorporate self care into my routine
 Suggest and encourage support or search for it
 I don't feel shameful to go to therapy or to seek counseling
 Its okay to seek help
 I would talk about it with other people / I will take what I learned and share with friends (x2)
 I'll use what I learned today to aid in my own mental health journey / applying real life (x3)
 Be kind to others, for we never know what they are going through
 Add a description to the wellness URL I provide students each semester and encourage them to seek help...
 After learning about mental body scanning, I will definitely be using that during times when I feel overwhelmed or anxious. I think it helps because by focusing on the individual parts of your body, you're able to calm down and gather your thoughts
 I honestly wasn't given anything to read
 To help others gain support and incorporate the somatic exercises in my own life

What are the biggest barriers to your mental wellness and/or receiving mental health support?

(Highlights: see raw data for full list)

Seeking help
 Triggers and traumatic flashbacks
 Feeling like I don't need to because sometimes I feel okay and sometimes it feels like the end of the world
 Tricare! I've called every therapist
 Time (x2)
 I don't really have any barriers to my mental wellness

Definitely my family
 Being aware of the research (x2)
 Feeling weird about asking for help
 I feel that my issues aren't worthy of taking up other's time
 Confidence
 The expensive cost / mental health services can be expensive(x2)
 I have a hard time being fully vulnerable / my trust issues (x2)
 Just my current mindset
 Not knowing how to get involved in the resources available or not knowing about the resources available
 Fear, shame and a lack of understanding when, why and where they should seek help
 My biggest barrier is feeling like I should be able to handle stressful workloads or stressful situations on my own just because someone else with a similar situation can
 Feeling shame and guilt / shame and embarrassment / scared and judge (x3)
 Feeling like you can't go to someone for support or just to even talk to about how you are feeling mentally

How can we improve this event in the future?

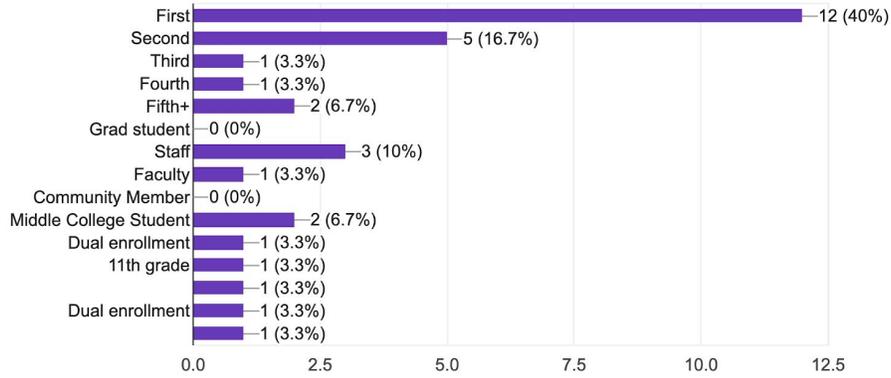
(Highlights: see raw data for full list)

No need! it was perfect. Natalie was awesome (x4)
 Showing more films (x2)
 No, i think it was really great especially considering its via online / you're doing pretty good (x9)
 Add more interpreters
 Free (x2)
 More promotion
 I like how you normalize wellness workshops
 Make more meetings available, once a month would be ideal in my opinion
 Have more speakers! :) loved the ones you had (x2)
 Natalie should have her own group
 This event could be improved by providing even more resources for mental health help
 Maybe if someone from the audience volunteers to share their experiences and what has helped them
 Event was great and I cannot think of any ways to improve, other than testing audio function beforehand
 I thought it was very well organized and put together
 It was inspiring and moving

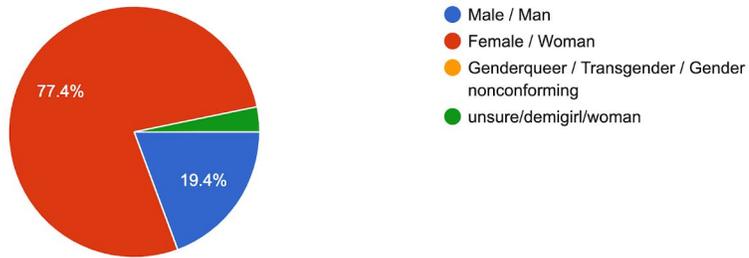
Major

Esthetician	9
Nursing	2
Psychology / Music Production and Psychology	6
Communication	3
Economics	1
Undecided	1

Year
30 responses



Gender Identity
31 responses



Race / Ethnicity		
Asian / Asian-American	2	7%
Black / African / African-American	0	
Hispanic / Latinx	8	26%
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	14	47%
Multiracial	6	20%